



Senior Community Center

68 Elm St
Amesbury, Ma 01913
978 388 8138
Fax 978 388 8144

Mon-Fri. 8-4pm
Available by appt. until 5p

www.amesburyma.gov

Director

Annmary I. Connor, LICSW
x540
connora@amesburyma.gov

Assist. Director/ACE Outreach

Doreen Brothers, MA, LSW
x546
brothersd@amesburyma.gov

Outreach/Activities Operation

Manager

Vanessa Kahrman, MA, LSW
x544

N.E.E.T

Mary Jo Sullivan x 556

Volunteer Coordinator

Jeanne Marie x 543

Activities

Aide -Brandi Thompson
Aid-Cheryl Merrill

ACE/Greenleaf

Coordinator: Katrina Rioux

Assistant—Russell Darling

Nutrition Program: MOW

978 388 8138 ext 549

Jennifer, Site Manager

COA Board MTG 9/10 4:30p

FCOA Board MTG 9/17 3:00p

Mayor Ken Gray



Carriage Town Senior Newsletter September 2015

~Monthly Special Events~

We ask that you RSVP for all events on this page

- **9/1 Tues, 11am: Brown Bag pick up**
- **9/1 2pm, NEW Poetry and creative writing session, RSVP**
- **9/3 11am Hidden Gem Award :** Join us in celebrating Geoffrey Mullis , thank you Amesbury Lions club for your support in sponsoring lunch.
- **9/9 9am, Simply Foot Care. Catherine Languedoc, RN ,** Cost \$30 pp, Apt start at 9am
- **9/10 6pm– 8pm, Pastel Workshop,** Gregory John Maichack
- **9/14 9am Coffee with the Chiefs:** Come and meet the Chiefs, Thank you Cider Hill donuts for the treats! Topic Police and the Media.
- **9/14 Mon 11:20am Sponsored lunch:** thank you **Merrimack Valley Health Center.** Come and meet the great staff! RSVP.
- **9/14 Mon 11:45am Fire Safety Session:** Come and learn about keeping your home safe from fire and staying safe at home.
- **9/15 Tues, 11:20am Sponsored lunch** Thank you **Maplewood Center.**
- **9/17Thurs, 11:20am Lunch. Noon Birthday Party** Thank you Merrimack Valley Health Ctr for \$20 gift raffle. & Stop n Shop, FCOA. Music Diane Dexter : FCOA invites you to lunch. Please rsvp by 8/17 for lunch -if it is your birthday month and the FCOA will treat you to lunch.
- **9/17 NAMI 7pm:** National Alliance on Mental illness is partnering with the Amesbury COA . The Family & Friends support group/ Connection Recovery Support Group of the NAMI Northeast Essex will be held at the COA the third Thursday of every month. We ask that you reach out to the coordinator of the NAMI groups at 978-872-4525 or nnea333@gmail.com
- **9/23 Wed, 11:20am & Sponsored Lunch -** Thank you **Country Rehab. Center,** Meet the great staff. Enjoy time together! RSVP
- **9/24 Thur, 8:30am legal clinic:** Sign up for a FREE 15 minute consultation session with Margo Birke ESQ.
- **9/24 1pm: ACE speaker:** 1PM ~ Amesbury - Speaker: Adult Foster Care of North Shore, “Becoming a paid Caregiver”
2PM ~ Daytime Caregiver Support Group *
- **9/30 Wed 10am Begging the Grief Journey:** The bereavement group is run by Lois Marra, MA,LMHC from Merrimack Valley Hospice-RSVP 978-552-4537. This group is confidential
- **Lunch is served daily from 11:20-11:50, kindly rsvp two days in advance by 10am.**
- **Health Fair Friday October 2nd 10a-1p– Blood Drive 9a-2p**
- **Health Walk Saturday October 3rd, 10a-1p**



Mayor Ken Gray

September means summer is coming to an end and we nearing the beginning of my favorite season...fall. I particularly enjoy the tastes and sights of fall... like the changing colors and apple picking with our grandkids. We have so many wonderful places in Amesbury to enjoy the fall foliage. This time of year also means that our children are going back to school. Keep this in mind when you're out and about, especially in the mornings and afternoons. Please take extra care to look twice!

Have you met our new Fire Chief? His name is Chief Ken Berkenbush and he comes to us from the Exeter Fire Department. He has taken over for Chief Jon Brickett who retired in June after 34 years on the force. He is a wonderful addition to the department and I hope you get a chance to meet him soon.

Enjoy the cooler weather!

Take Care,
Ken



**Annmary I. Connor, LICSW
Council On Aging Director
Happy Days!**

Back to school is a exciting time. Children are bustling around on school buses, the stores and empty of the kids during the day-great time to go shopping! This also means we have a fresh group of student interns slated for the COA. This year we pleased to report we have 1 norther Essex Community College student, 3 Salem State University Bachelor in Social work students, 2 Simmons College Master in Social Work Students (MSW), 2 Boston University MSW students and 2 Salem State University MSW.

With all this new interns, will be new faces, new programs, new case managers. We hope you welcome all of them with open arms. Doreen, Vanessa and myself will be supervising/overseeing these students.

We have some great events coming up and an active autumn as always we hope you join us. please let us know if there is something you need or would like to see happen at the center.

Friends of the Council on Aging

We welcome members to join us at our meetings.

FCOA Officers

Betty Dion, President

John Jennell, Vice President

Jackie Storti, Secretary

Beverly Drew, Treasurer

Lois Pierce, Membership Secretary

Please Join the Friends!

Please note that annual membership run form July1st-June 30th.

Memberships have price is \$6. What do you get for this! You support an amazing volunteer lead organization 2. you get discounts on ticketed item's \$1 off. See newsletter. Must show your fcoa card for discount price.

Save the date Family Christmas fair December 5th



Council On Aging Mission Statement

To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Council on Aging Board

Gayle Yarnell- Chairperson

D. Kliggi Thomas- Vice Chair, Cynthia Costello- Secretary, Lee Ford -Treasure, Paul C. Rogers, Marcia Gilmore, Frankie Lalemand, Sue Ballard, Carol Casey, Teresa Axten, Andy Gilmore



Officer Thomas Hanshaw

Senior Crime Prevention Tips

As we come to the final couple weeks of summer, no doubt most people are wondering what the fall and winter have in store. Weather can be quite changeable in New England and in fact, the source for many of our emergency situations. Regardless of the season, severe weather can occur just about any time. Over the years, our region has encountered some significant tropical storms and hurricanes during the fall; so staying alert to the weather forecast is important. The weather can certainly detour your plans, so check out the forecast once a day.

Speaking about detours, if you have driven around Amesbury this summer, you probably have experienced a change of plans once or twice. As we prepare for the approaching wintry weather; construction crews will be working hard to get projects done before the snow falls. When approaching a work zone, on foot or in a motor vehicle, please slow down and stay alert. Expect the unexpected; a worker in the roadway, a truck backing or the arm of an excavator swinging into your path. Crews and officers are committed to safety but we need your help too. There will be several projects continuing through the fall, so be prepared for a detour or two.

The 2015-16 school year has arrived and likely with a mixture of feelings for parents and kids. Even if you don't have a child or grandchild attending school this year, our community changes when school reopens. We see an increase in morning traffic, those big yellow school buses on the roads and plenty of pedestrians and bicycles as well. Once again, expect the unexpected as sometimes children are more focused on their day than their travel route. Slow down so we all have a safe school year.

Finally, after several months of fundraising, the Relay For Life of Amesbury wrapped up the 2015 effort on August 31st. I am happy to say that we exceeded the goal of \$67,000, which means we reached the one-million dollar Amesbury mark for the American Cancer Society; sincere thanks to everyone who helped with the accomplishment. It has certainly been an incredible thirteen years and planning for the 2016 effort will begin soon.

Newsletter are distributed throughout the community for your convenience to pick up for free. Newsletter can be picked up at the senior center, Vermettes grocery store, Town hall, Amesbury Health Center, Stop & shop, Rite aid CVS, Amesbury Public Library. Newsletter are distributed each month at the three senior housing complexes. Newsletters can also be emailed.

NAMI

National Alliance on Mental Illness

A new partnership is being formed with the Amesbury COA & NAMI to service the great community. The third Thursday of each month the COA will host two NAMI groups. The Family & Friends support group/ Connection Recovery Support Group of the NAMI Northeast Essex will be held at the COA. the third Thursday of every month. We ask that you reach out to the coordinator of the NAMI groups at 978-872-4525 or nnea333@gmail.com

Multi Level Sewing:

Monday's from 12:00-1:30pm Fee \$4

First Class July 13th! RSVP 978-388-8138

An open sewing class for EVERYONE!

A "single day" project will be offered each week. You are welcome to bring in your own machine, otherwise everything will be provided as long as you don't mind sharing with a neighbor.

Taught by an award winning plush designer -Susan Sofia-McIntire, I can show you how to create a toy for that special grandchild!

Save the Date

FCOA 2nd Annual "Christmas Magic Family Faire!"

Saturday December 5th

9am to 2:30pm

Raffles-Food-Santa & Mrs. Clause-Much More
Committee members

Chairperson : Bev Drew 978-852-3042

Co-Chair: Betty Dion 978-388-0163

Secretary/Treasure: Jackie Storti 978-792-5065

Please join us that day, call a committee member to make a donation of raffle item or craft item,
or become part of the committee!

Health Fair Health Walk

Oct 2nd 10-1pm Oct 3rd 10-1pm

Friday October 2nd –Health Fair
Health Fair FREE and open to the public!

Saturday October 3rd-Health Walk

\$10 students and seniors : \$20 individual in advance, \$25 day of walk
\$30 Families 2 or more, \$35 day of walk: \$50 Team, \$60 day of walk

Please support this fundraiser to maintain quality of activities & services sponsored by the Amesbury Council on Aging Senior Community Center, the FCOA including programs like Greenleaf Supportive Day. Current participating sponsors include:

FREE FLU SHOT

BLOOD DRIVE

FREE VISION SCREENING

GRAB-N-GO LUNCH

Sponsors, More to come!

Amesbury Health Care Trust Commission
Amesbury Fire/Emergency Management
Amesbury Public Library
American Red Cross
Avita of Newburyport
Fallon Healthcare
Community Action Inc
Elder Law Solutions
Elder Services of the Merrimack Valley
Shaheen Bros

Merrimack Valley Health Center
MVRTA Transportation
Northern Essex Elder Transport
Northeast Rehabilitation Hospital
Pause Yoga
Rite Aid
Methuen Village
YWCA Greater Newburyport
Amesbury Police Department
Amesbury Lions Club; Eye Mobile

Please register online at www.amesburyma.gov/senior-community-center or by mail 68 Elm St., Amesbury, MA 01913 : checks payable to the Amesbury FCOA. Please contact Doreen Brothers, LSW, CPT or Annmary Connor, LICSW at 978-388-8138. THANK YOU!

Prime Time Poets!

The Amesbury COA is hosting prime time poets the third Tuesday of every month. This event is FREE and we welcome everyone. The event starts at 6pm.

September 15th: Susan LaFortune
October 20th: Rickey Holt



Channel 12

Tuesdays 4:00pm Wednesdays 9:30am
Thursday 7:30pm Saturday 9:00am

Meet Annmary Connor, COA Director and the guest of the month.

Farmers Table

Drop off your abundance of fresh veggies, herbs, fruit... for those who enter the senior Community Center to enjoy. The table is in the lobby for anyone to use. We hope that you brings us extra and those of you who are here take that which you will use.

Fuel Assistance

Those of you already on fuel assistance should been receiving your renewal in the mail. Please schedule an appointment if you require assistance completing the form, you may also make copies here for your supporting documentation. Those of you in need of fuel assistance please schedule a appointment with a staff/intern to aid you in completing the application if you would like assistance.

Creative writing and poetry classes.. 1st and 3rd Tuesdays at 2pm...

Book Club line up for the year.

Meet the second Tuesday of the month
at 10am.

Sept	Horse Boy...
Oct	The Forgotten Garden
Nov	the Vanishing Act of Esme lennox
Dec	Those Who Save Us

Bereavement Group

"Begging the Grief Journey"

Wednesdays 10am-11am

September 30th-Dece 16th

RSVP 978-552-4537

Facilitator Louis Marra, MA LMHC

Merrimack Valley Hospice

Memorials

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to support programming , activities and services. In memory /honor of a loved one donations will receive acknowledgement in the COA monthly newsletter. Families will be notified of your generous contribution. Please make checks payable to: Friends of the Amesbury COA.

Please accept my donation of \$ _____


_____ in memory of

_____ in honor of

Send letter to: _____

Donated by: _____


Thank you

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Lunch is served daily at 11:20am until 11:50am. You must RSVP! By 11am two days in advance.</i></p> <p>7</p> <p>Closed for Labor Day</p> <p><i>Happy Labor Day!</i></p> 	<p>1</p> <p>11am Brown Bag</p> <p>9:30 Busy Needles</p> <p>12:15 Bingo</p> <p>2:00 Poetry/ Creative writing workshop</p>	<p>2</p> <p>10:00 Watercolor</p> <p>10:00 Meditation Group</p> <p>1:00 Exercise</p> <p>6:15 Yoga</p>	<p>3</p> <p>8:30 Yoga Thx Maplewood</p> <p>9:30 Iris/10 Zumba</p> <p><u>Hidden Gem Award</u></p> <p>1p Line 1p bridge</p> <p>3:15 Yoga (town hall)</p>	<p>4</p> <p>9:00 Men's Group</p> <p>9:30 Tai Chi</p> <p>12:00 Game Time</p> <p>1:30 Shopping</p>
<p>14</p> <p>9:00 <u>Coffee w/Chiefs</u></p> <p>9:00 Wii 10: Art w/ Cara</p> <p>11:20 Sponsored Lunch</p> <p><u>Merrimack Health Center</u></p> <p><u>11:45 Fire Safety session</u></p> <p>12 Movie-/ Sewing</p> <p>1:00 Chair Exercise</p>	<p>8</p> <p>9:30 Busy Needles</p> <p>10:00 Health Nurse</p> <p>10:00 Blankets for kids</p> <p>10:00PageTurners</p> <p>11:00 Hearing Clinic</p> <p>12:15 Bingo</p>	<p>9</p> <p>9:00 Foot Care Nurse</p> <p>10:00 SHINE</p> <p>10:00 Watercolor</p> <p>10:00 Meditation Group</p> <p>1:00 Exercise</p> <p>6:15 Yoga</p>	<p>10</p> <p>4:30 COA Board</p> <p>8:30Yoga Thx Maplewood</p> <p>9:30 Iris Folding</p> <p>10:00 Zumba</p> <p>1:00 Bridge / Line Dancing</p> <p>6:00 Pastel Work Shop, cultural council grant</p>	<p>11</p> <p>9:00 Men's Peer social group</p> <p>9:30 Tai Chi</p> <p>No meals on Wheels</p> <p>11:20 Pizza for lunch</p> <p>12:00 Game Time</p> <p>1:30 Shopping</p>
<p>21</p> <p>9:00 Wii</p> <p>12:00 Movie--</p> <p>12:00 Sewing</p> <p>1:00 Chair Exercise</p> <p>4:30 ACE dinner/support</p>	<p>15</p> <p>8:10 Annmary on WNB</p> <p>9:30 Busy Needles</p> <p>10:00 Health Nurse</p> <p>11:20 Sponsored by Maplewood 12:15 Bingo</p> <p>2:00 Poetry workshop</p> <p>6:00 Prime time poets</p>	<p>16</p> <p>10:00 SHINE</p> <p>10:00 Watercolor</p> <p>10:00 Meditation Group</p> <p>1:00 Exercise</p> <p>6:15 Yoga</p>	<p>17</p> <p>8:30 YOGA, THX Maplewood</p> <p>9:30 Iris / 10:00 Zumba</p> <p>12:00 <u>Birthday party</u></p> <p>1:00 Bridge/ line dancing</p> <p>3p FOOA Board 3:15 yoga -coa</p> <p><u>7pm NAMI groups</u></p>	<p>18</p> <p>9:00 Men's Group</p> <p>9:30 Tai Chi</p> <p>12:00 Game Time</p> <p>1:30 Shopping</p>
<p>28</p> <p>9:00 Wii</p> <p>12:00 Sewing</p> <p>12:00 Movie--</p> <p>1:00 Chair Exercise</p>	<p>22</p> <p>9:30 Busy Needles</p> <p>10 Health Nurse</p> <p>12:15 Bingo</p>	<p>23</p> <p>10:00 SHINE</p> <p>10:00 Watercolor</p> <p>10:00 Meditation Group</p> <p>11:20 <u>Sponsored Country Center</u></p> <p>1:00 Exercise 6:15 Yoga</p>	<p>24</p> <p>8:30 <u>Legal Clinic</u></p> <p>9:30 Iris / 10:00 Zumba</p> <p>8:30Yoga Thx Maplewood</p> <p>1:00 Bridge/ line dancing</p> <p>1:00 ACE speaker/2pm Support group 3:15 yoga-coa</p>	<p>25</p> <p>9:00 Men's Peer Social Group</p> <p>9:30 Tai Chi</p> <p>12:00 Game time</p> <p>1:30 Shopping</p>
	<p>29</p> <p>9:30 Busy Needles</p> <p>12:15 Bingo</p> <p>2:00 Poetry/creative writing</p>	<p>30</p> <p>10:00 Watercolor</p> <p>10:00 Meditation Group</p> <p>1:00 Exercise</p> <p>6:15 Yoga</p>	<p>1</p> <p>8:30 Yoga Thx Maplewood</p> <p>9:30 Iris/10 Zumba</p> <p>1p Line 1p bridge</p> <p>3:15 Yoga</p>	<p>No meal site/meals on wheels 2</p> <p>Health Fair 10-1</p> <p>Blood Drive</p> <p>9-2</p> <p>Health walk 10/3</p>

September 2015



LINDLEY FOOD SERVICE
Elder Services of the Merrimack Valley
September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Tuna Pasta Salad and Cucumber Salad Spinach Salad with Mandarin Oranges Soft Sandwich Roll Seasonal Fresh Fruit	2 American Chop Suey Peas Carrots Natural Grain Bread Chocolate Chip Cookie	3 Chicken Marsala over Bowtie Pasta Garlic Green Beans Natural Grain Bread Mandarin Oranges	4 Baked Salmon Roasted Seasoned Potatoes Broccoli Dinner Roll Rice and Raisin Pudding
7 Labor Day	8 Pineapple Glazed Pork loins Scalloped Potatoes Mashed Cauliflower Dinner Roll Seasonal Fresh Fruit	9 Stuffed Shells w/Marinara Sauce Sautéed Spinach Rye Bread Seasonal Fresh Fruit	10 September Special Italian Pot Roast Scalloped Potatoes Garlic Green Beans and Carrots Italian Bread Rice Pudding	11 Closed No Meals on Wheels or Lunch Served
14 Sliced Turkey Breast w/ White Cheddar Cheese over Salad Greens Marinated Four-Bean Salad Soft Sandwich Bun Lemon Cookie	15 Tomato Onion Frittata Potatoes O'Brien Chef Blend Vegetables Whole Wheat Bread Mixed Fruit	16 Macaroni and Cheese with Crumb Topping on the sided Broccoli Wheat Roll Seasonal Fresh Fruit	17 Birthday Cake Baked Breaded Chicken Red Bliss Mashed Potatoes Peas and Onions Oatmeal Bread Birthday Cake 	18 Lasagna with Meat Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit
21 Sliced Pork Roast w/Gravy Mashed Sweet Potato Cabbage with garlic and onions and a hint of red cabbage Honey Wheat Roll Cinnamon Roll	22 Egg Salad on Shredded Lettuce Whole Wheat Pita Half English Pea Salad Oatmeal Cookie	23 Cheese Ravioli in Tomato Sauce Garlic Green Beans Oatmeal Bread Seasonal Fresh Fruit	24 Meatloaf Mashed Potatoes Sliced Carrots Natural Grain Bread Peaches	25 Potato Crusted Fish Roasted Red Garlic Potatoes Broccoli Whole Wheat Bread Rice and Raisin Pudding
28 Shepherd's Pie Peas and Carrots Whole Wheat Bread Sliced Pears	29 Peaches Glazed Chicken Scalloped Potatoes Broccoli and Cauliflower Dinner Roll Seasonal Fresh Fruit	30 Low Sodium Hot Dog Baked Beans Chef Blend Vegetables Whole Wheat Hot Dog Roll Melon		



Amesbury Caregiver Essentials (ACE) is **FREE** to all Amesbury residents. It provides caregivers with the resources needed to manage the stress associated with caring for a loved one through case management, education and social and emotional support. Support groups are **FREE** to anyone regardless of township.

September 21st
Evening Events at Atria: 85 Storey Avenue,
Newburyport, MA 01950
4:30 ~ Support Group with respite on site
@ Atria
5:30 ~ Dinner Served: Sponsored by Atria
RSVP

September 24th
All Are Welcome to Attend
1PM ~ Amesbury - Speaker: Adult Foster
Care of North Shore, "Becoming a paid
Caregiver"
2PM ~ Daytime Caregiver Support Group *
RSVP

REMINDER: Amesbury support group offers respite care. You will be able to attend the support group while feeling confident that your loved one is safe participating in the Greenleaf Supportive Day Program here at our Senior Center. Please allow us a two day notice for members to join Greenleaf.



The COA is collecting box tops for Amesbury Elementary School (AES). Please clip these the coupons and bring them into the lobby of the senior center. We will collect them and bring them to AES to help support activities for our children!



Supportive Day Program RESPITE FOR CAREGIVERS!

Amesbury has an Adult Social Day program called Greenleaf Supportive Day. Mon-Fri 9m-3pm. Private pay cost is \$37/day – Payment options are available if you are a client of Elder Services of the Merrimack Valley. Please call Vanessa Kahrman or Doreen Brothers at **978-388-8138 FOR MORE INFORMATION**



Prime Time Presents: Poetry/Writing Workshops

09/01/2015: Session 1.1 Poetry is Everywhere!
09/15/2015: Session 1.2 The Need to Write
10/06/2015: Session 2.1 Capturing the Muse
10/20/2015: Session 2.2 Selecting a Subject
11/03/2015: Session 3.1 Notebook or Napkin:
Which Vehicle?
11/17/2015: Session 3.2 Persistence/Practice/
Perfection?
12/01/2015: Session 4.1 Favorite Poets
(Discussion)
12/15/2015: Session 4.2 Poetry as Music/ Music
as Poetry
01/05/2016: Session 5.1 Poetry on the Internet
01/19/2016: Session 5.2 Finding a Site to
Showcase Your Poems
02/02/2016: Session 6.1 Changes in the
Publishing World
02/16/2016: Session 6.2 Selecting a Publisher

Trips sponsored by the Friends of the COA are open to all age groups. Please contact the Amesbury COA 978-388-8138 for further information and to sign up for trips. **Once the trip/tour has been finalized the tickets are non-refundable.**

September 13 – Fresians of Majesty, Townshend, VT – Includes tour and equestrian performance at Labrie's Fresian Horse farm, recently featured on Chronicle; lunch at New England House Restaurant, Brattleboro, VT (Herb Crusted White Fish, Peach Glazed Chicken Breast or Maple Barbecue Pork Loin); \$92pp payable to Groups, Inc.

September 22 – The Beach Boys Tribute Show @ Venus de Milo, Swansea, MA – Featuring the group "Still Surfin" performing the Beach Boys' greatest hits. Includes lunch choice of Baked Chicken or Baked Schrod). \$85pp payable to Best of Times.

October 3 – Jack-O-Lantern Spectacular, Providence, RI – Experience a dazzling display of 5000 illuminated Jack-O-Lanterns along the Wetlands Trail @ Roger Williams Park Zoo; includes dinner (choice of Wood Grilled Salmon, Chicken Picata or Eggplant Parm) and time to enjoy the spectacular Waterfire Display; \$89pp payable to Groups, Inc.

October 6 – Squam Lake Science Center & Cruise – Visit Science Center for a presentation on NH Wildlife followed by Fall foliage cruise of Squam Lake by pontoon boat. Boxed lunch included. \$99pp payable to Tye's Tours.

October 12 – 15 – Penn Dutch Country – Includes tour of Amish Lancaster; performance of "Joseph" at the Millennium Theater; tour of Historic Philadelphia; Casino Gaming/Meal Pkg.; 2 nights Lancaster/1 night Atlantic City; 3 Breakfasts/2 Dinners. \$399pp/dbl; \$505 single payable to Diamond Tours. **\$75 deposit due on sign up.**

October 21 – Italian Festival @ Danversport Yacht Club – Featuring Frank Zarba and Ray Cavicchio singing the music of Italy. Self Drive, \$59pp payable to Best of Times.

November 12 – Tribute to Barbra & Frank @ Venus de Milo, Swansea, MA – The Concert that Never Was; includes transportation, Lunch and Show. \$89pp payable to Best of Times.

December 1 – "A Christmas Carol" @ The Norwood Theater – Join us for a special performance of this timeless classic. Includes lunch and transportation. \$89pp payable to Best of Times.

December 6–7 –Foxwoods/NYC Rockettes – Includes *Mohegan Sun* and overnight at *Foxwoods*. Orchestra Seats for Radio City Christmas Spectacular; Shopping Time in NYC. \$329pp/dbl, \$399 sgl payable to Tye's Tours.

FRIENDS OF THE COUNCIL ON AGING (FCOA)

If you desire to become a member or want to renew, please complete the application below and mail with \$6.00 per person for the year (Friends fiscal year runs from July 1 to June 30). To have the Carriage Town Senior Newsletter mailed to your home is an extra \$8.00 per year. **The FCOA supports all the activities at the senior center– be a member!- No age restriction!**

NAME: _____ TELEPHONE: _____

ADDRESS: _____

Fill in amount included: FRIENDS \$6 _____

NEWSLETTER \$8 _____

Total Enclosed \$ _____

Please mail check to: Friends of the Amesbury Council on Aging (FCOA), 68 Elm Street, Amesbury, MA 01913 or hand to the receptionist on the second floor

Date received _____ Volunteer Staff/Initials _____ FCOA is a non-profit



Active Fitness for Over 50
With Darlene

Wednesday : \$3 per class

Gentle/Moderate Yoga w/core strengthening w/Darlene - 6:15-7:15 pm

All levels. Modifications shown. Includes core strengthening. postures. Please bring a mat, towel, and water.

Thursday: \$3 per class

Yoga for those 50+ w/Darlene – 3:15-4:15 pm. A gentle class to encourage flexibility, strength, balance and relaxation. Modifications shown. Please bring a mat, towel, and water. This class will be held at town hall August 6 & 13 then back to the COA on the 20th

Kindly RSVP 978-388 8138

Senior

Lift

Airing on Channel 12

Sunday 8:00am Mondays 3:30pm

Wednesday 10:00am

Saturday 8:00am

Watch and join Doreen Brothers Assistant Director and Certified Personal Trainer with 2 local guests This exercise show airs 4 times a week. Watch and participate for better strength, flexibility and balance.

SENIOR LIFT DVD's AVAILABLE \$10 EACH!

Senior Lift is in its 4th year! We'd like to thank our many guests for having the courage to get in front of the camera. Thank you to our wonderful production crew also!

Hidden Gem Award September 3rd

We are inviting Veterans, Lion's Club members, and the general public to join us in honoring Geoffrey Mullis on **Sept. 3rd 11:20, lunch– Sponsored by the Amesbury Lions Club, with 12pm ceremony** – Mayor Gray will be presenting The Amesbury Hidden Gem citation. Geoffrey was on the front page of the Daily News yesterday highlighting his service in France during WWII. Geoffrey is now legally blind and has been a member of our Low Vision Support Group for many years. Please share this invite with your constituents and join us in celebrating one of Amesbury's Hidden Gems!

RECYCLING COLLECTION DAY

Fundraiser and Community Service event sponsored by the Amesbury Lions Club

9:00 a. m. to 12:00 Noon

SATURDAY – October 3, 2015

Location: Allied Computer Brokers - 23 Noel Street. Amesbury

<u>\$1.00 ITEMS</u>		<u>Total</u>	SENIORS CITIZENS & DISABLED ADULTS*
8 Track (reel to reel)	Modem		<p><u>DROP OFF</u> 23 Noel Street between 9 and 12 --OR-- <u>SCHEDULE PICK UP</u> Call 978-388-0327</p> <p>~~~~~</p> <p>Cash or Check payable to <u>Amesbury Lions Club</u></p> <p>~~~~~</p> <p>Thank you for your support of the Amesbury Lions Club's charitable endeavors to prevent and cure blindness.</p> <p>~~~~~</p> <p><u>No Charge</u> <u>BUTTON CELL BATTERIES</u> <u>EYE GLASSES</u> <u>HEARING AIDES</u> <u>PRINT CARTRIDGES</u> <u>CELL PHONES</u></p>
Air Purifier	Mouse		
Car Battery	Oscilloscope		
Battery/ Back up	Palm Pilot		
CB Radio	Pool Pump Motor		
CD Player	Portable Cassette Player		
CD ROM	Portable Radio		
Cable	Power Supply		
Camcorder	Printer		
Camera	Projector		
Can Opener	Record Player		
Car Stereo	Safe (personal 12-24")		
Cassette Player	Satellite Dish Receiver		
Circuit Board	Scanner		
Copier	Speakers		
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